FOODS

Project Resource - Recipes

Fruits & Veggies

Potato Carrot Muffins

INGREDIENTS:

3/4 cup	(175ml)	whole wheat flour
3/4 cup	(175ml)	all-purpose flour
3/4 cup	(175ml)	sugar (white)
2 tsp	(10ml)	baking powder
1 tsp	(5ml)	baking soda
1 tsp	(5ml)	ground cinnamon
1/2 tsp	(2.5ml)	salt
1/4 cup	(50ml)	vegetable oil
1/4 cup	(50ml)	low fat milk
1		egg
1 cup	(250ml)	finely grated carrots
1 cup	(250ml)	finely grated potatoes
1/2 cup	(125ml)	raisins (optional)

DIRECTIONS*:*

1. Preheat oven to 350°F. Line muffin baking sheet with 12 medium paper or non-stick muffin cups
2. In a large bowl, combine DRY ingredients. Whisk together flours, sugar, baking powder, baking soda, cinnamon & salt.
3. In a separate bowl, combine WET ingredients. Whisk together the oil, milk and egg.
4. Add wet mixture to dry mixture along with the carrots and potatoes (raisins can be added at this time if using). Stir until just combined or moistened - do not over mix.
5. Spoon into the muffin cups, filling 3/4 full
6. BAKE - for about 20 minutes or until muffins are lightly browned and firm to the touch - remember that oven temperatures vary)
7. Remove from oven and set aside to cool completely in the pan.
8. Store in an air-tight container

Yield: 12 Muffins